

# 2016 Welsh 10 Miles Time Trial Championship

promoted by

## Pontypool Road Cycling Club

on behalf of

## Welsh Cycling Association

Sunday 14th August 2016



Event Sponsors –



Event Secretary – Dax Jenkins, Tel: 07941487785

Timekeepers – Des Ward (start) & Robin Field (finish)

Event Headquarters: St. Michaels Centre, Pen-Y-Pound, Abergavenny, NP7 5UD

[www.stmichaelscentre.org.uk](http://www.stmichaelscentre.org.uk)

HQ opens at 7.06am

### Awards (one rider/one prize)

#### **Mens Championship**

- 1<sup>st</sup> Championship Medal & Sunwise Eyewear
- 2<sup>nd</sup> Championship Medal & Sunwise Eyewear
- 3<sup>rd</sup> Championship Medal

#### **Ladies Championship**

- 1<sup>st</sup> Championship Medal & Sunwise Eyewear
- 2<sup>nd</sup> Championship Medal & Sunwise Eyewear
- 3<sup>rd</sup> Championship Medal

#### **Junior Championship**

- 1<sup>st</sup> Championship Medal & Sunwise Eyewear
- 2<sup>nd</sup> Championship Medal & Sunwise Eyewear
- 3<sup>rd</sup> Championship Medal
- 1<sup>st</sup> Girl Championship Medal & Sunwise Eyewear
- 1<sup>st</sup> Juvenile Championship Medal & Sunwise Eyewear
- 1<sup>st</sup> Juvenile Girl Championship Medal & Sunwise Eyewear

#### **Also**

- 1<sup>st</sup> Vet on Std Championship Medal

Awards will also be issued by the Welsh Cycling Association

### Course Description for R10/17

**O.S. References: Sheet 161 – Start and Finish 333100**

Start at the first drain cover in 3<sup>rd</sup> lay-by east of Hardwick Roundabout, Abergavenny, on A40, 25 yards east of kilo post 97 and 400 yards east of bridge over road. Proceed on A40 to Raglan Roundabout (4.94 miles) and turn by circling roundabout and retrace on A40 to finish at road joint 136 at western end of lay-by opposite start (10 miles). *District Regulations: No cars connected with riders are to travel on the A40 during the event. Competitors observed crossing the dual carriageway will be disqualified.*

There should be enough parking at the HQ, as long as everyone parks considerately, but extra parking is available at the nearby Fairfields car park. The ride to the start involves navigating through Abergavenny town centre and a busy roundabout – please take care and allow at least 20 minutes.

### Important Notice to all Riders

The WCA, CTT and South Wales Police all recommend the use of a good hard shell helmet manufactured to internationally recognised standards. For ALL Riders under the age of 18 these helmets are COMPULSORY. Marshalls will be positioned around the course - they are there to show you the way but have no authority over the traffic. Please be familiar with the course, so there are no surprises. It is the Riders responsibility to ride within the laws of the road and with consideration to other road users.

There will be a short presentation immediately following confirmation of the results. All medals and Sunwise prizes need to be collected on the day of the event and will not be posted after the event. Please stay to applaud the Welsh 10 Miles T/T Champions for 2016!

Welsh Cycling Association awards will be issued by the WCA at a later date to be confirmed.

**This event may be subject to a Doping Control - It is your responsibility to check!**

As soon as you have finished you should return to the event HQ as **it is your responsibility to check** if you are required for Doping Control.

Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board. If your number is displayed you should report immediately to Doping Control which will be nearby.

**Remember, it is up to you to check and ensure that you comply.**

If required you must report to Doping Control after finishing without delay.

Any complaints or protests must be made to the Event Secretary in writing, within 24 hours of the finish of the event.

Have a good, fast & safe ride!

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2016 Welsh Championships 10 Miles TT  
 Juniors, Ladies & Mens Senior Overflow Event

No.	First Name	Last Name	Club	Age/Std	Start
6	Joshua	Tarling	West Wales Cycle Racing Team	12/M	8.06
7	Aimee	Lane	Wyre Forest CRC	12/F	8.07
8	Twm	Bryn	Energy Cycles	15/M	8.08
9	Oliver	Rowlands	Newport Phoenix CC	14/M	8.09
10	Matthew	Hanford	Bynea Cycling Club	15/M	8.10
11	Cadi	Jones	Energy Cycles	16/F	8.11
12	James	Bell	Mid Shropshire Wheelers	18/M	8.12
13	Awen	Lewis	Port Talbot Whs CC	17/F	8.13
14	Sion-Kelly	Williams	Energy Cycles	18/M	8.14
15	Huw	Owen	Energy Cycles	16/M	8.15
16	Josh	Griffiths	Bristol South Cycling Club	16/M	8.16
21	Kari	Jones	Ride Bike Wales	37	8.21
22	Jasmine	Bowyer	Cardiff Ajax CC	22	8.22
23	Gaynor	Hughes	Bynea Cycling Club	51/28.58	8.23
24	Jill	Colman	Pembrokeshire Velo	52/29.03	8.24
25	Katie	Price	Hereford & Dist Whs CC	32	8.25
26	Nadine	Cannon	Acme Whs (Rhondda) CC	36	8.26
27	Trish	Chalk	Velo Club St Raphael	37	8.27
28	Michelle	Robertson	Abercynon Road Club	49/28.48	8.28
29	Annamarie	Miles	Salt and Sham Cycle Club	38	8.29
30	Stephanie	Post	Onit Cycles	30	8.30
31	Andrea	Parish	Camel Valley C & TC	48/28.43	8.31
32	Kirsty	Murray	Pembrokeshire Velo	43/28.19	8.32
33	Jessica	Roberts	Team Elite/Paul Bethell Electrical	37	8.33
34	Carol	Bowen	Abercynon Road Club	54/29.14	8.34
35	Tina	Reid	In-Gear Quickvit Trainsharp RT	51/28.58	8.35
36	Joanna	Knight	Bristol South Cycling Club	56/29.26	8.36
37	Diane	Wilson-Evans	Bynea Cycling Club	56/29.26	8.37
38	Margaret	Coyle	Gloucester City Cycling Club	40/28.02	8.38
39	Julie	Stephens	Ross on Wye & Dist CC	51/28.58	8.39
40	Crystal	Spearman	NOPINZ	28	8.40
46	Gareth	Chislett	CC Blaenau Gwent	40/25.59	8.46
47	Ian	Liddiatt	Cardiff Triathletes	47/26.32	8.47
48	Tony	Emery	Dursley Road Club	69/28.52	8.48
49	Owen	Pocock	CC Blaenau Gwent	81/32.00	8.49
50	Jeffrey	Adams	Pontypool Road Cycling Club	69/28.52	8.50
51	John	Coles	West Suffolk Whs & Tri Club	73/29.39	8.51
52	Jame	Stevens	Bristol South Cycling Club	41/26.04	8.52
53	Kevin	Fiander	VTTA (South Wales)	53/26.59	8.53
54	Norman	James	Ogmore Valley Wheelers CC	77/30.40	8.54
55	Russell	Boon	Avonlea/Treasure RT	51/26.50	8.55
56	Ron	Boast	Ogmore Valley Wheelers CC	65/28.14	8.56
57	Richard	Bowmer	Ogmore Valley Wheelers CC	51/26.50	8.57
58	Gregory	Brett	Ogmore Valley Wheelers CC	46/26.27	8.58
59	Kevin	Grant	Frome and District Wheelers	59/27.32	8.59
60	Stephen	Landeg	Ogmore Valley Wheelers CC	62/27.51	9.00

61	Rick	Harris	Ross on Wye & Dist CC	41/26.04	9.01
62	Ed	Hadley	Hereford & Dist Whs CC	60/27.38	9.02
63	Brian	Parker	Abercynon Road Club	41/26.04	9.03
64	Michael	Williams	Hereford & Dist Whs CC	59/27.32	9.04
65	Michael	Tarling	West Wales Cycle Racing Team	40/25.59	9.05
66	Roger	Wood	Pontypool Road Cycling Club	62/27.51	9.06
67	Robert	Jones	Cardiff 100 Miles RCC	64/28.06	9.07
68	Jon	Airey	Ross on Wye & Dist CC	63/27.59	9.08
69	Matt	Grantham	Pontypool Road Cycling Club	18	9.09
70	Richard	Franklin	Salt and Sham Cycle Club	47/26.32	9.10
71	Les	Thomas	Port Talbot Whs CC	54/27.04	9.11
72	Brad	Davies	Bynea Cycling Club	50/26.45	9.12
73	Derek	Morgan	Gannet CC	76/30.23	9.13
74	Kevin	Bessant	Bynea Cycling Club	53/26.59	9.14
75	Nick	Hughes	Salt and Sham Cycle Club	38	9.15
76	Dean	Prosser	Hereford & Dist Whs CC	47/26.32	9.16
77	Paul	Rees	Bynea Cycling Club	51/26.50	9.17
78	Stuart	Jones	EC Cycles	34	9.18
79	Paul	Griffiths	Cardiff Ajax CC	61/27.44	9.19
80	Ron	Clews	Stourbridge Velo	55/27.09	9.20
81	Andrew	Harries	Ogmore Valley Wheelers CC	56/27.14	9.21
82	Robin	Fox	Dursley Road Club	58/27.26	9.22
83	Kerry	Trigg	Ross on Wye & Dist CC	45/26.23	9.23
84	David	Steel	Hereford & Dist Whs CC	69/28.52	9.24
85	Steffan	Jones	Energy Cycles	49/26.41	9.25
86	Gareth	Hill	Abercynon Road Club	44/26.18	9.26

2016 Welsh Championships 10 Miles TT  
Mens Senior Event

No.	First Name	Last Name	Club	Age/Std	Start
1	Andrew	Legge	Bristol South Cycling Club	40/25.59	9.31
2	Gary	Flower	Acme Whs (Rhondda) CC	47/26.32	9.32
3	Paul	Stephens	Ross on Wye & Dist CC	51/26.50	9.33
4	Paul	Hudson	Severn Valley Cycles	49/26.41	9.34
5	Charles	Zanettacci	Cheltenham & County Cycling Club	53/26.59	9.35
6	David	Bucknall	Royal Dean Forest Cycle Club	42/26.09	9.36
7	Mark	Bradley	Bristol South Cycling Club	51/26.50	9.37
8	Gareth	Poulton	Abergavenny RC	40/25.59	9.38
9	Garry	Shuker	Walsall Roads Cycling Club	61/27.44	9.39
10	Carwyn	Davies	Cwmcarn Paragon Road Club	38	9.40
11	Emyr	Griffiths	Bynea Cycling Club	49/26.41	9.41
12	Iain	Cade	Bath Cycling Club	36	9.42
13	Jon	Wiggins	Frome and District Wheelers	34	9.43
14	Stephen	Taylor	Team NBCC	51/26.50	9.44
15	Steven	Cottingham	Bath Cycling Club	54/27.04	9.45
16	Thomas	Shuker	Walsall Roads Cycling Club	25	9.46
17	Mike	Amery	VC Sevale (Malvern)	58/27.26	9.47
18	Glyndwr	Griffiths	73 Degrees Bicycles	38	9.48
19	Karl	Davies	Stourbridge Velo	54/27.04	9.49
20	James	Lewis	NFTO Pro Cycling	25	9.50
21	Lloyd	Morgan	Cardiff Ajax CC	42/26.09	9.51
22	Vincent	Douglas	Gloucester City Cycling Club	46/26.27	9.52
23	David	Wood	Stourbridge Velo	61/27.44	9.53

24	Alan	Cooper	Avonlea/Treasure RT	59/27.32	9.54
25	Graeme	Boswell	Cardiff Ajax CC	41/26.04	9.55
26	Mike	Lindsay	Wills Wheels CC	50/26.45	9.56
27	Simon	Witts	Gloucester City Cycling Club	45/26.23	9.57
28	Simon	Geary	Hereford & Dist Whs CC	44/26.18	9.58
29	Paul	Jones	Cwmcarn Paragon Road Club	39	9.59
30	Christopher	Jones	Ride Bike Wales	47/26.32	10.00
31	Laurence	Douglas-Greene	Somerset Road Club	23	10.01
32	Jonathan	Wilkinson-Lockyer	Tor 2000 (Kalas, Whitelake, Scorpion)	47/26.32	10.02
33	John	Murphy	Gloucester City Cycling Club	76/30.23	10.03
34	Scott	Nash	Pembrokeshire Velo	47/26.32	10.04
35	Mark	Woolford	Chippenham & District Wheelers	50/26.45	10.05
36	Stuart	Evans	Port Talbot Whs CC	70/29.02	10.06
37	Paul	Cannon	Porth & District CC	64/28.06	10.07
38	Gary	Jones	Pontypool Road Cycling Club	54/27.04	10.08
39	Richard	Hier	EC Cycles	36	10.09
40	Danny Glyn	Roberts	Anglesey Cycling Group	35	10.10
41	John	Regan	Pembrokeshire Velo	47/26.32	10.11
42	Richard	Coomer	Pembrokeshire Velo	38	10.12
43	Gareth	Battle	Porth & District CC	42/26.09	10.13
44	Steven	Brown	Gloucester City Cycling Club	43/26.13	10.14
45	Anthony	Jones	Bynea Cycling Club	44/26.18	10.15
46	Paul	Lambert	Chippenham & District Wheelers	50/26.45	10.16
47	Andrew	Derrick	Severn RC	37	10.17
48	Ian	Lindsay	Royal Navy & Royal Marines CA	43/26.13	10.18
49	Andrew	Hayward	Cwmcarn Paragon Road Club	44/26.18	10.19
50	Graham	Collins	Tanks Direct Cycling	35	10.20
51	Julian	Harper	Revo Racing	47/26.32	10.21
52	David	Francis	Pembrokeshire Velo	44/26.18	10.22
53	Rob	Hall	Salt and Sham Cycle Club	43/26.13	10.23
54	Derek	Dowdeswell	Gloucester City Cycling Club	62/27.51	10.24
55	Aled	Roberts	Team Elite/Paul Bethell Electrical	37	10.25
56	Ed	Laverack	JLT Condor	22	10.26
57	Chris	Fishbourne	Abercynon Road Club	42/26.09	10.27
58	Christopher	Goodwin	Ogmore Valley Wheelers CC	43/26.13	10.28
59	Mike	Parry	Hereford Triathlon Club	50/26.45	10.29
60	Liam	Bard	Revo Racing	27	10.30
61	Rod	Hicks	Port Talbot Whs CC	51/26.50	10.31
62	Digby	Rusling	Royal Dean Forest Cycle Club	47/26.32	10.32
63	Rob	Hussey	Army Cycling Union	37	10.33
64	Andrew	Milner	Evesham & District Wheelers	44/26.18	10.34
65	Steve	Matthews	Team Elite/Paul Bethell Electrical	33	10.35
66	Justin	Ford	CC Blaenau Gwent	43/26.13	10.36
67	Rob	Jones	Cardiff Ajax CC	39	10.37
68	Mike	Broadbent	Swansea Wheelers/CS Abertawe	55/27.09	10.38
69	Howell	Mason	Ogmore Valley Wheelers CC	61/27.44	10.39
70	Paul	Jones	Severn Valley Cycles	39	10.40
71	Daniel	Colman	Pembrokeshire Velo	21	10.41
72	Daniel	Kempe	Bristol South Cycling Club	50/26.45	10.42
73	Peter	Ackroyd	Cheltenham & County Cycling Club	58/27.26	10.43
74	Dafydd	Hughes	Energy Cycles	34	10.44
75	Lee	Morgan	Team Bottrill	43/26.13	10.45
76	Michael	Portlock	EC Cycles	46/26.27	10.46
77	Paul	Milner	Worcester St. Johns CC	46/26.27	10.47
78	Matthew	Clarke	73 Degrees Bicycles	52/26.54	10.48
79	John	Shehan	Bynea Cycling Club	70/29.02	10.49
80	Matt	Slater	Revo Racing	41/26.04	10.50

81	Earl	Smith	Severn Valley Cycles	46/26.27	10.51
82	Nathan	Leaves	NFTO Race Club	18	10.52
83	Mark	Rosser	Ogmore Valley Wheelers CC	46/26.27	10.53
84	Jon	Vickery	Cwmcarn Paragon Road Club	52/26.54	10.54
85	Ben	Anstie	73 Degrees Bicycles	39	10.55
86	Christopher	Holman	Team Bottrill	29	10.56
87	Jonathan	Gould	Cheltenham & County Cycling Club	39	10.57
88	Neil	Poulton	Ogmore Valley Wheelers CC	36	10.58
89	Jeffrey	Rees	Acme Whs (Rhondda) CC	53/26.59	10.59
90	Luke	Cornish	Cwmcarn Paragon Road Club	22	11.00
91	Simon	Tarrant	Cheltenham & County Cycling Club	42/26.09	11.01
92	Daryl	Godden	Gloucester City Cycling Club	57/27.20	11.02
93	Matthew	Smith	Port Talbot Whs CC	29	11.03
94	Guy	Evans	Hereford & Dist Whs CC	57/27.20	11.04
95	George	Evans	Team Bottrill	18	11.05
96	Paul	Coles	73 Degrees Bicycles	43/26.13	11.06
97	Gareth	Jones	Velo Club St Raphael	46/26.27	11.07
98	Paul	Colman	Pembrokeshire Velo	55/27.09	11.08
99	Chris	Ward	Team Echelon - Rotor	61/27.44	11.09
100	Matt	Burden	73 Degrees Bicycles	39	11.10
101	David	Wilson-Evans	Bynea Cycling Club	59/27.32	11.11
102	Ross	Davies	NFTO Race Club	36	11.12
103	Richard	Long	Merthyr CC	31	11.13
104	Matthew	Phillips	Bynea Cycling Club	29	11.14
105	Tom	Ward	Team Echelon - Rotor	22	11.15
106	Chris	Massey	Team Bottrill	44/26.18	11.16
107	Robert	Hughes	Ride Bike Wales	52/26.54	11.17
108	Steven	Madeley	Ogmore Valley Wheelers CC	55/27.09	11.18
109	Luke	Bradford	Hereford Triathlon Club	39	11.19
110	Kieron	Davies	DRAG2ZERO	29	11.20
111	Mike	Appleyard	Lancashire RC	50/26.45	11.21
112	Ben	Skinner	Bath Cycling Club	33	11.22
113	Adam	Taylor	Royal Dean Forest Cycle Club	38	11.23
114	Marco	Marletta	Cardiff Jif	50/26.45	11.24
115	David	Woodhouse	G.S. Henley	38	11.25
116	Ben	Phillips	Bynea Cycling Club	27	11.26
117	Karl	Wills	Pontypool Road Cycling Club	56/27.14	11.27
118	Andrew	Spearman	Chippenham & District Wheelers	56/27.14	11.28
119	Vincent	Jenkins	LeisureLakesBikes.com	76/30.23	11.29
120	Dan	Evans	Team Elite/Paul Bethell Electrical	35	11.30